



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09167, Loganberries, frozen

Report Date: June 30, 2017 12:25 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, unthawed 147g
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Proximates

Water	g	84.61	3	0.382	124.38
Energy	kcal	55	--	--	81
Energy	kJ	230	--	--	338
Protein	g	1.52	3	0.152	2.23
Total lipid (fat)	g	0.31	3	0.014	0.46
Ash	g	0.54	3	0.000	0.79
Carbohydrate, by difference	g	13.02	--	--	19.14
Fiber, total dietary	g	5.3	--	--	7.8
Sugars, total	g	7.70	--	--	11.32

Minerals

Calcium, Ca	mg	26	3	0.601	38
Iron, Fe	mg	0.64	3	0.009	0.94
Magnesium, Mg	mg	21	3	0.318	31
Phosphorus, P	mg	26	3	1.267	38
Potassium, K	mg	145	3	3.786	213
Sodium, Na	mg	1	3	0.000	1
Zinc, Zn	mg	0.34	3	0.018	0.50
Copper, Cu	mg	0.117	3	0.003	0.172
Manganese, Mn	mg	1.247	3	0.027	1.833
Selenium, Se	µg	0.2	--	--	0.3

Vitamins

Vitamin C, total ascorbic acid	mg	15.3	3	0.333	22.5
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Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, unthawed 147g
Thiamin	mg	0.050	3	0.003	0.074
Riboflavin	mg	0.034	3	0.002	0.050
Niacin	mg	0.840	3	0.000	1.235
Pantothenic acid	mg	0.244	3	0.024	0.359
Vitamin B-6	mg	0.065	3	0.002	0.096
Folate, total	µg	26	3	2.914	38
Folic acid	µg	0	--	--	0
Folate, food	µg	26	3	2.914	38
Folate, DFE	µg	26	--	--	38
Choline, total	mg	8.5	--	--	12.5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	2	3	0.159	3
Retinol	µg	0	--	--	0
Carotene, beta	µg	21	--	--	31
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	35	3	3.180	51
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	118	--	--	173
Vitamin E (alpha-tocopherol)	mg	0.87	--	--	1.28
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	7.8	--	--	11.5
Lipids					
Fatty acids, total saturated	g	0.011	--	--	0.016
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, unthawed 147g
16:0	g	0.007	--	--	0.010
18:0	g	0.002	--	--	0.003
Fatty acids, total monounsaturated	g	0.030	--	--	0.044
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.028	--	--	0.041
20:1	g	0.002	--	--	0.003
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.176	--	--	0.259
18:2 undifferentiated	g	0.117	--	--	0.172
18:3 undifferentiated	g	0.059	--	--	0.087
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0